

TINA AND AMY SAY BYE TO THE GLOBES

THE PAIR SAY THIS HOSTING GIG WAS THEIR LAST TIME. PAGES 16-17



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Monday, January 12, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork

Drop trou

Showing some leg. Hundreds of New Yorkers rode the subway Sunday with no pants on. PAGE 02

Pantless subway riders at Union Square / MILES DIXON, METRO

Video chats to link NYC high school kids

PAGE 02

A chance for NYC students to see 'Selma'

PAGE 12



NFL Playoffs: Colts upset Broncos

PAGE 23



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—Luz Mack, MPA, Public Affairs & Administration, '07

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1 NEWS

Top 3

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1 '3 female entrepreneurs to look out for'

2 'New law reminds riders of stiff punishment for assaulting taxi drivers'

3 'Jenn Sterger best Instagram pics, photos'



On the go

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Parents, students and teachers hold hands at the presentation of a plan to hold Google Hangouts to link students from across the city. / WENDY JOAN BIDDLECOMBE

Video chats to link NYC high schoolers

Police. Students will meet online, talk about recent police events to break ethnic barriers.

When Brooklyn Borough President Eric Adams met a student in East New York who said he never talked to a white student before, he knew something had to change.

On a recent visit to Brooklyn's Magen David Yeshiva High School, Adams saw local students video chatting with students from China, where he witnessed the similarities

despite both the language and cultural differences.

"It dawned on me that we're using technology to speak across the globe," Adams said, "but the reality is that we're not speaking to each other in our same borough and in our same city and in our same country."

Now, students across Brooklyn will be able to interact with other New York City students they might not otherwise get to know, in a series of Google Hangouts set to start on Jan. 20.

Adams and civil rights attorney Norman Siegel announced the series of talks Sunday. They want to see students of different backgrounds come together and talk about recent police protests, the deaths

Participants

Schools participating in the Google Hangouts: Bishop Kearney HS, Brooklyn Academy of Science and Environment, Brooklyn Amity School, Eagle Academy for Young Men II, Magen David Yeshiva HS, Mott Hall Bridges Academy, Sunset Park HS.

of Detectives Wenjian Liu and Rafael Ramos and Eric Garner's death on Staten Island last summer.

"We are living in silos, and those silos, I believe, are directly connected to some of the problems we're having with our police-community rela-

tions," said Adams.

Roy Richter, president of the Captains Endowment Association, supports the video chats, Adams said, calling the support "unprecedented" from a union leader.

Adams said off-duty officers are planning to participate in the chats.

Siegel said after the four school chats wrap up in March, results and recommendations will be shared with President Barack Obama and Gov. Andrew Cuomo, who have both appointed task forces on policing and grand jury proceedings.

 **WENDY JOAN BIDDLECOMBE**
Wendy.Biddlecombe@metro.us

Quoted



"She's had numerous happenings with police officers, being from [Crown Heights]. Her uncles are police officers, so we're on both sides of things, so we have numerous feelings. I want her attitude to be positive."

Kay Charles, 49, parent of a 16-year-old sophomore at Brooklyn Academy of Science



"People aren't accustomed to talking to different groups, so I think by us coming together and actually communicating, it attacks the heart of the problem."

Vince London, 19, student at SUNY Old Westbury



"I think we can learn about how their schools are different, how their cultures are different, and how we can learn to interact and bring peace to Brooklyn."

Zeynep Ozcan, 15, Brooklyn Amity School

NYPD slow. Cops told no vacation days until arrests rise

New Yorkers can expect cops to be issuing tickets and making more arrests as Police Commissioner Bill Bratton is reportedly barring cops from taking vacation and sick days until law enforcement is back to normal.

On Friday, Bratton addressed what he called a "slowdown" in police work since Detectives Wenjian Liu and Rafael Ramos were gunned down

in Bed-Stuy on Dec. 20.

Arrests were down 66 percent during the last two weeks of 2014, according to the Daily News, and the number of summonses written the week ending Dec. 29 dropped by 94 percent.

The New York Post reported Sunday that officers are being told they can't take vacation or sick time, and might be hit with a transfer, if the



Bratton / GETTY IMAGES

number of summonses does not rise.

Bratton said during a Friday press briefing he didn't know what caused the drop in policing.

Patrolmen's Benevolent Association President Patrick Lynch was recorded in December apparently calling for a slowdown by cops, saying "we will use extreme discretion in every encounter."

"That's 30-some-odd

thousand officers; their motivations might be different for different ones," Bratton said Friday. "The unions have given me what they believe to be the cause. And I'm making no statement about what the cause might have been."

Bratton also said he didn't believe the unions were encouraging the stoppage.

WENDY JOAN BIDDLECOMBE



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No pants ride. Subway riders do it bare-bottomed and in the cold



MILES DIXON, METRO

Thousands of New Yorkers stepped onto subway trains Sunday wearing everything but their pants.

The 14th annual No Pants Subway Ride is a prank performance, during which people wearing overcoats, scarves, gloves — anything but their pants — board subway cars and appear as

though they do not know each other.

The pantless rides started in 2002 with seven participants. More than 3,700 people RSVPed to the 2015 New York event on a Facebook page, and rides were held in cities around the U.S. and world, including Paris, Sydney and Mexico City. **WENDY JOAN BIDDLECOMBE**



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to view a photo
gallery of the
pantless riders.



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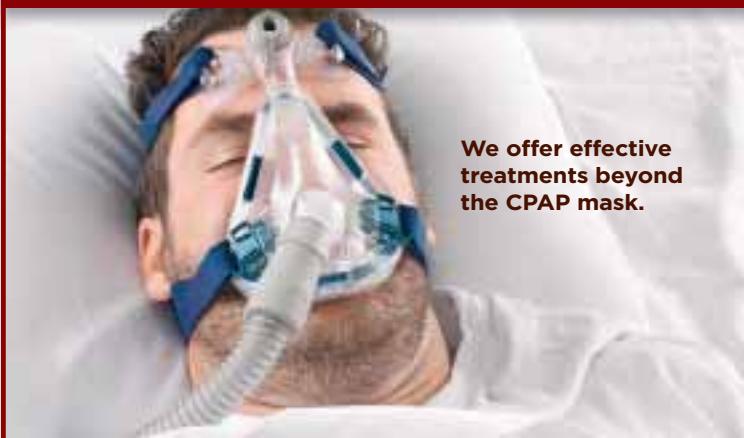
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NEW YORK

6

Weather

Icy rain for today's commute

Early morning freezing rain and snow in the New York City area is expected to change to rain after 10 a.m., National Weather Service meteorologist David Stark said Sunday.

Travelers should watch out for icy roads in the morning, as temperatures rise to the upper 30s by afternoon.

Trash collection and alternate-side parking remain in effect.

Not much precipitation is expected the rest of the workweek, Stark said. Temperatures on Tuesday and Wednesday will linger around the lower 30s, with overnight temperatures in the teens and low 20s.

Thursday could see a high in the upper 30s, and Friday's high will dip back to the low 30s. **METRO**



Pondering the cleanest solution for 'Four Trees'

Workers on Sunday try to figure out how to clean Jean Dubuffet's 1972 sculpture "Four Trees" in Chase Manhattan Plaza near Wall Street. The sculpture is made of plastic over an aluminum frame. They ruled out SoftScrub and Mr. Clean.

PETER S. GREEN, METRO

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Documented

Municipal ID debuts today

"Those who are undocumented, or for folks who have been in other ways left out in our society, the municipal ID card represents a ticket out of the shadows," Mayor Bill de Blasio said in July.

The card, which debuts Monday, will be available to all New Yorkers, including immigrants, the homeless and elderly who otherwise have difficulty accessing city services or avoiding arrest.

The card will be recognized by police and any social service agency operated by the city. The city also hopes to incentivize sign-ups with a year-long membership to 33 local cultural institutions including the Bronx Zoo and Lincoln Center.

Applicants for the new card have to complete an IDNYC application online or at any of the 12 IDNYC Enrollment Centers citywide. METRO

Chokehold. IG: NYPD penalties 'erratic'



Police holding Garner in what may have been a chokehold.
SCREENGRAB VIA LIVELEAK

Downgrades

The NYPD downgraded recommendations by the CCRB to lesser or no penalties in six of the seven cases before 2014.

- Then-Commissioner Ray Kelly rejected CCRB's disciplinary recommendations in six of the 10 cases studied, imposing a less severe or no penalty.

Of 10 police chokeholds substantiated by the Civilian Complaint Review Board from 2009 to 2014, only one officer was disciplined, losing five vacation days.

Others were sent for more training or had no disciplinary action taken against. Chokeholds have been banned since 1993.

Despite efforts by some City Council members, chokeholds have not been made illegal.

The report did not look at the alleged chokehold death of Staten Island man Eric Garner in July. CHESTER JESUS SORIA

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Obama to hold global security summit next month: Holder



A police officer reacts as he is escorted from the scene following the hostage situation at Port de Vincennes on Jan. 9 in Paris. / GETTY IMAGES

Terrorism. The gathering of justice and interior chiefs came as France mourned 17 victims of Islamist gunmen.

President Barack Obama will invite allies to a Feb. 18 security summit in Washington to try and prevent violent extremism, Attorney General Eric Holder said on Sunday after meeting his European counterparts in Paris.

"We will bring together all of our allies to discuss ways in which we can counteract this violent extremism that exists around the world," Holder told reporters.

French Interior Minister Bernard Cazeneuve said after the meeting that European interior ministers had agreed to

boost cooperation in an effort to thwart further jihadist attacks.

Holder said Europe needed urgent progress in establishing a European Passenger Name Record database, which would facilitate the exchange of data about passengers between member states.

"We are convinced of the need for such a tool, to follow those who travel to terrorist operating theaters or who return from there," he said, adding that this database would also be useful in the fight against other serious crimes.

Cazeneuve said the Internet needs to remain a space for free expression, but that Europe should fight against abusive use of the Web to spread hate speech, anti-Semitic messages and the recruiting of vulnerable young people for violence.

REUTERS

Quoted

"We all agree that we need to put in place better control on certain passengers, on the basis of objective criteria and with respect for fundamental liberties and without disrupting cross-border travel." Holder

Geneva

Iran says it will examine with US ways to speed up nuclear talks

Iran and the United States will explore ways to give impetus to nuclear talks when their chief diplomats meet in Geneva on Wednesday, Iranian Foreign Minister

Mohammad Javad Zarif said on Sunday.

Lower-level negotiators on both sides will meet at the same venue on Thursday to iron out technical details ahead of negotiations on Jan. 18 between Iran and the six powers grouped under "P5+1" — the United States, France, Germany, Russia, China and Britain.

Speaking at a Tehran news conference, Zarif said

Standoff

12

Zarif and John Kerry will confer ahead of a fresh round of negotiations between Iran and six world powers on settling their 12-year standoff over Tehran's nuclear ambitions.

the purpose of the talks with John Kerry "is to see if we can speed up and push

the negotiations forward."

"We will see how useful it will turn out. We are constantly gauging the benefits," he told reporters, referring to recent dialogue with the United States after decades of hostility dating back to Iran's 1979 Islamic revolution.

Zarif said Iran-U.S. talks "will remain confined to the margins of the nuclear negotiations." REUTERS

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A tribute in photos

World leaders lead an estimated million-plus French citizens through Paris in an unprecedented march to pay tribute to victims of Islamist militant attacks.



Dignitaries including (L-R) Mayor of Lille Martine Aubry; Hassen Chalghoumi, imam of the Drancy mosque; philosopher Marek Halter and UMP politician Eric Woerth. / ALL PHOTOS GETTY IMAGES



People converge in central Paris for the Unity March.



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For a full list of theaters showing the film, visit Metro.us. / PARAMOUNT PICTURES

NYC students can see 'Selma' for free

Film. A new fund is created to provide thousands of free tickets.

Thanks to new partnership between a group of prominent African-American community leaders and Paramount Pictures, thousands of New York City students now have the chance to see the new film "Selma" free of charge. Director Ava DuVernay's critically acclaimed film depicts a pivotal moment in the Civil Rights Movement and opened nationwide on Friday.

The film studio announced on Thursday that it was partnering with the group (which includes Xerox CEO Ursula Burns and lawyer Vernon Jordan)

to provide tickets to thousands of New York City seventh, eighth and ninth graders.

"Martin Luther King Jr.'s momentous journey in Alabama is an important piece of American history," said Bill Lewis, the co-chairman of investment banking at Lazard — and one of the contributors to the fund — in a statement. "We are passionate about bringing this story to New York City's students."

The free screenings began last week and will run through Monday, Jan. 19, which, fittingly, is Martin Luther King Jr. Day.

Starring David Oyelowo as Martin Luther King Jr., the film is set over the course of three months in 1965 as King and other civil rights activists worked to secure equal voting rights for all American citizens,

If you go

How to see Selma

Students interested in seeing the film should bring a student ID or report card to one of the more than 20 participating theaters in the five boroughs.

often facing violent opposition in the process. The cast includes Oprah Winfrey, Tom Wilkinson and Carmen Ejogo.

Paramount CEO Brad Grey said in a statement that the studio was "honored" to give students the chance to see the movie.



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Beyond the classroom. Take the time get to know your professors

Office hours — the time each professor sets aside to meet with students each week — are the perfect time to get to know your instructors and to get the extra academic help you need, straight from the source. Here are three things every student should be doing in the first few weeks of classes.

Say hello

It's simple, but important to pop in during office hours simply to introduce yourself, especially if it's a large lecture class. Your visit doesn't have to be long, but it's nice to stop by to say hello and perhaps mention what inspired you to take the class. Are you taking biology because you are interested in pre-med or going into nursing? Your instructor may appreciate knowing this.



Getting a little one-on-one attention never hurt anyone. / HEMERA

Ask for help

If you know from past experience that you might have trouble in certain classes, it's best to talk to your professors well before that first exam. Professors usually notice when it's clear that a student is trying his or her best. Plus, getting some one-on-one instruction each week has its own benefits.

Plan ahead

You don't want to get close to graduation and then realize that none of your professors know you well enough to write a letter of recommendation. Take some time to chat with your instructors about your career plans and aspirations now so you won't seem self-serving doing so later. **LAKSHMI GANDHI**

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The “Candid” Embarrassing That Might Solve Your Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this:
How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints depletes. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

Moment I Had With A Doctor Knee Arthritis Pain

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a **fraction of an inch** would make the difference **between success and failure.**

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

“Double Confirmation” For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **“double confirmation”** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and “double confirmation” process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE** and tell the scheduling expert who answers the phone, “I would like a complimentary knee arthritis screening.”

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to “double confirm” placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

Before Treatment

**Painful Knee Joint
Riddled With Arthritis**



Successful Treatment

**Exact Placement Of Lubricating Gel
When Using Advanced Imaging**



Failed Treatment

**Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure**



**Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering**

2

CULTURE

Timeline

A history of Tina and Amy

2004: Tina and Amy become the first all-female anchor team on SNL's *Weekend Update*.

2008: Tina and Amy slay while presenting at the Emmys, making the case for their eventual Golden Globes gig.

2015: Tina and Amy will be back together in theaters with the comedy "Sisters" this December.

Everything is awkward at this year's Golden Globes

Awards. Tina Fey and Amy Poehler's last stint hosting the Globes was during a weird year.

The reigning theme on the red carpet of this year's Golden Globes might have been red gowns, but inside the Beverly Hilton it was awkwardness — horrible, painful awkwardness. Even veteran hosts Tina Fey and Amy Poehler couldn't escape the cringe-inducing atmosphere in the hotel ballroom, especially when launching into dueling Bill Cosby impressions.

Of course, the real point of the night was the awards. In the world of TV, things were less awkward than they were surprising, as "Jane the Virgin" star



Tina Fey and Amy Poehler returned to hosting duties at the 2015 Golden Globes. PAUL DRINKWATER, NBC



Visit **Metro.us** for a Golden Globes recap and full list of winners.

Gina Rodriguez surprised awards prognosticators by taking Best Actress in a Comedy or Musical. But the big winner of the night was freshman FX drama "Fargo," which earned an award for the show itself and supporting actor Billy Bob Thornton.

On the film side, the indie film presence was

strong, with J.K. Simmons winning Best Supporting Actor for his work in the Sundance hit "Whiplash," while Patricia Arquette was honored for her supporting turn in Richard Linklater's "Boyhood."

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List

The most painful Globe moments

1. Jennifer Lopez and Jeremy Renner: While presenting, Renner said that Lopez had "the globes," meaning her boobs. Classy!

2. Competing Cosby impressions: Poehler and Fey broke the seal on Bill Cosby jokes early, trying to get his voice right while the audience cringed.

4. The lack of A/C: This was also a remarkably shiny Golden Globes, with everyone looking very, very sweaty.



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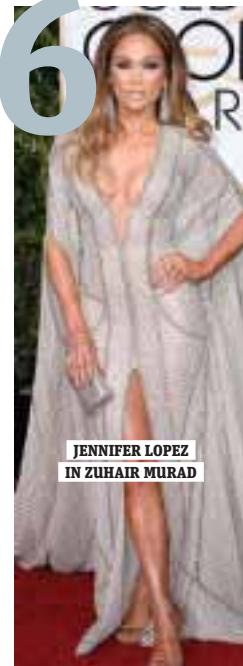
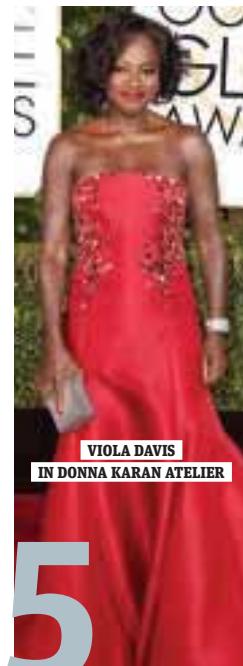
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Glam at the Golden Globes

Not-so-innocent white, bold red and sparkle galore ruled the red carpet.

TINA CHADA



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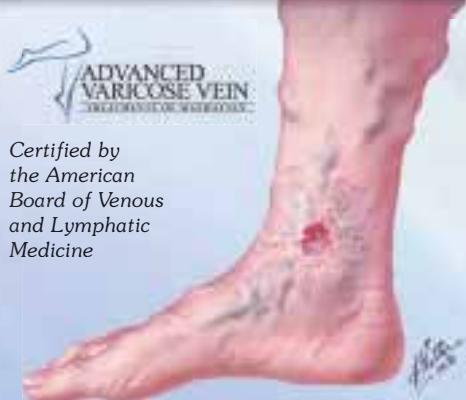
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Monday, January 12, 2015

FILM 18

Ethan Hawke compares 'Predestination' to 'Boyhood'



Interview. The actor tells us he loves jumping between art films and brainy genre fare.

The movie version of Ethan Hawke has many faces: the blank-slate youngster ("Dead Poets Society"), the Gen-X snark machine ("Reality Bites") and the out-of-control rogue ("Brooklyn's Finest"), to name a few. The one you meet in person is closest to the one in Richard Linklater movies: friendly, prone to laughter and, most of all, talkative. He's doing press for "Predestination," an Australian sci-fi thriller in which he plays a time-traveling agent. Conversation predictably roams. It's almost like being in a Linklater chat-a-thon, only instead of strolling through a picturesque city we're trapped in an anonymous, fluorescent-lit office, sitting next to an empty desk.

One could make the case that some of the ideas here are ones touched on "Boyhood."

It's really funny to me: "Boyhood" premiered at Sundance and a couple weeks later, "Predestination" and "Boyhood" both showed up at South by Southwest. I really did feel I had two time-travel movies at the same time. You really could make a case that the whole "Before" trilogy and "Boyhood" are time-travel movies too. You're visiting yourself at different times, which is what all of these movies are about — one in a very uber-sci-fi way. It's something we all long to do. The future scares us so much and we romanticize the past so much that it creates a cool energy.

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Ethan Hawke, right (with Sarah Snook), plays a time-traveling agent in "Predestination." / SONY PICTURES

Getting old

Time passing

"Boyhood" began shooting in 2002, and Hawke said they were all shocked by how little the look of the world changed over 12 years. "If you had done a movie from '58 to '70, the look of the world was a lot different. The way people

dressed, the way cars looked, the energy of the environment was a lot different. But 'Boyhood' looks basically the same," he says. "I think that's because the biggest movement for us has been technology. The way you dress and the

way I look, we wouldn't look out of place 12 years ago. It's the phones, the computer, the Internet. So much of our energy has been diving toward the Internet. We haven't had the need for culture to change in other ways."

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Blake Lively's having fun with the baby news

So maybe the real reason Blake Lively held off on announcing the birth of her daughter for a couple of weeks was so that she could punk her friends. When asked about Lively's big news, her "Sisterhood of the Traveling Pants" co-star Amber Tamblyn responds with a measured, "That bitch! She tricked me," according to

People magazine. Tamblyn recently visited Lively's home totally unaware that the nursery was now occupied. "I went up there and I didn't know. Everybody knew but me, and she does that s--- to me," Tamblyn explains. "She was like, 'You've got to come see my new wallpaper.' And I went up there, and there was her baby."



THE WORD

Ned Ehrbar takes on the world of gossip.

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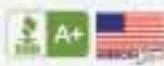
Bill Cosby lets rape protesters 'have their say'



"Whatever happens here tonight, if there's some sort of outburst we just need to keep calm and it doesn't have to last that long."

GETTY IMAGES

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You may be not at all surprised to learn that Bill Cosby's recent run of shows in Canada did not end without incident. At the final performance in Hamilton, Ontario Friday night, protesters staged a 30-person walk-out during the performance chanting, "We believe the women," according to the Hollywood Reporter. One even reportedly shouted, "You're a piece of s---, you rapist." While the protesters were met with a

security escort and chants of "We believe the men" and "We love you, Bill" in response, Cosby himself pleaded for calm, urging, "Stop, let them have their say."

Earlier, Cosby had warned about a possible outburst with, "Whatever happens here tonight, if there's some sort of outburst we just need to keep calm and it doesn't have to last that long." He probably could've phrased that better.

Yeah, about those 'un-retouched' Justin Bieber pics

So those supposedly original photos from Justin Bieber's Calvin Klein photo shoot showing a much skinnier and less well-endowed Biebs that hit the Internet late last week? Totally fake. Maybe the fact that they were leaked to a Web site you've never heard of before should've been a clue. Or maybe a closer look at Bieber's crotch — and again, I'm

really sorry I have to keep suggesting you do that — would have clearly shown that the "un-retouched" photos were actually more Photoshopped than the official versions. That Web site, Breathingheavy.com, by the way, removed the image, saying it had received a cease and desist letter. Bieber's camp insists the final image is 100 percent Bieber's Canadian bacon.

Daily video

Ready for more 'Walking Dead'?

We've still got four weeks to go until "The Walking Dead" returns to finish out season five, but that doesn't mean AMC can't give you something to slake your thirst. Like, for instance, this arty teaser with an ominous Rick Grimes (Andrew Lincoln) voiceover about the importance of survival and togetherness. The brief,



AMC / YOUTUBE
slow-mo-heavy clip features the main cast using a whole lot of bullets as they run through a smoky forest — which as anyone who watches the show knows is a terrible, terrible idea since loud noises like gunfire just attract more zombies.

MEET YOUR GOALS WITH A FIRM BUT GENTLE PUSH

Give credit

Recognize small accomplishments

Give yourself mental gold stars for the baby steps you make toward achieving your greater goals.



Being kind to yourself gives you the freedom to grow into who you want to be. / ALL PHOTOS ISTOCK

An ambitious, go-getter client of mine often berates herself when she doesn't achieve all her goals for the week, even when she encounters setbacks beyond her control. Although I counsel her to be kind to herself, she worries that cutting herself slack is just an excuse for not doing enough.

It's an understandable concern, especially in the new year, when people feel a need to make big changes in the areas of their life where they feel dissatisfied — perhaps their diet, work, relationships or living situation. Yet, while some believe that mental self-flagella-

Positivity

Be encouraging

A good parent provides comfort and support to keep their children moving forward, even in the face of obstacles. So when the going gets tough, play inspiring music, find a positive affirmation or call a supportive friend.

tion will spur them into action, it usually leaves them feeling zapped of the precious energy needed to push forward.

That's why every new year's aspiration should

be accompanied by a resolution to be gentler with ourselves, especially when progress doesn't happen on our timetable. The question is, how do we discipline ourselves without becoming our own worst enemies? And how can we be kind to ourselves without lapsing into complacency?

The key is to become a firm but loving parent... to yourself. Try these good parenting techniques that strike a balance between discipline and compassion.

Practice patience

Change takes time.

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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



Be supportive

Love yourself unconditionally

A good parent sees the best in their children and is forgiving of their foibles. Commit to being kind and loving to yourself no matter what. Did you meet your goals? Great. Celebrate your successes. But if you miss the mark, as people often do, remind yourself that you are still lovable.

your task, resolving to do things better this time around.

Be flexible

Sometimes, we need to adapt our goals as new situations arise. If your approach isn't working anymore, change tactics.



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Horoscope

♑ Capricorn | Dec. 22-Jan.

20. Frustration will result if you resist all of the changes going on around you. Ease your struggles by adapting.

♒ Aquarius | Jan. 21-Feb.

18. Keep looking ahead. You should question the connection with anyone who tries to stand in your way or curtail your freedom.

♓ Pisces | Feb. 19-March 20.

Confusion will set in if someone from your past attempts to reconnect. Examine your history with this person before you consider reviving what you left behind.

♈ Aries | March 21-April 20.

You will face someone who isn't likely to agree with you. Rather than continue the conflict, direct your effort into your pursuits.

♉ Taurus | April 21-May 21.

Look for a solution to your issues on your own. A promising partnership is in your future, provided you make a concession.

♊ Gemini | May 22-June 20.

You are at your best when you are relaxed. Don't let work pressures build up. For your downtime, plan a new amusement that includes your closest friends.

♋ Cancer | June 21-July 22.

Search for an isolated location and complete unfinished projects. Family members may be difficult to deal with, so minimize your contact.

♌ Leo | July 23-Aug. 22.

Others may not be aware of the hard work you do, so don't be surprised if someone is envious of the rewards you receive.

♍ Virgo | Aug. 23-Sept. 22.

Romance is in the picture. If you make the first move when you meet someone new, you will open the door to a connection.

♎ Libra | Sept. 23-Oct. 22.

Reflect on your strengths and weaknesses. Be honest and consider how to make adjustments that will bring you significant returns.

♏ Scorpio | Oct. 23-Nov.

21. Some improvements to your living quarters will be most gratifying. Make changes that will be convenient.

♐ Sagittarius | Nov. 22-Dec.

21. An unexpected event will upset you. Don't make the mistake of compounding the problem by taking out your dissatisfaction on someone. EUGENIA LAST

Letters to the editor

Pen more polite than the sword

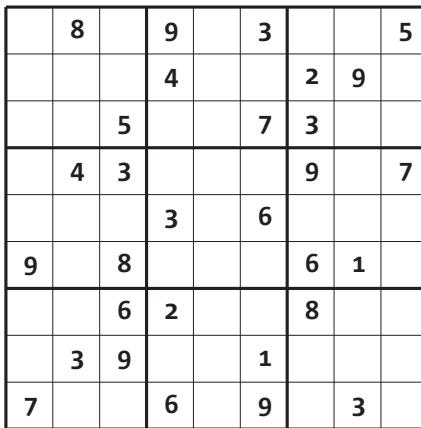
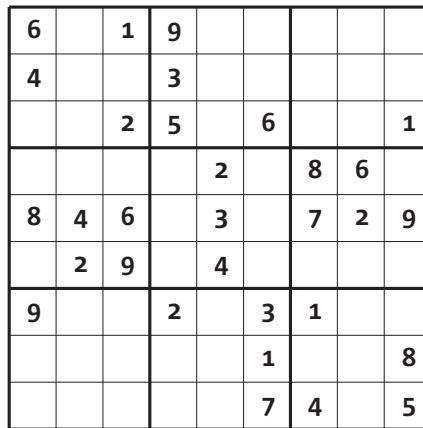
message is misdirected. The only ones making a mockery of "sacred beliefs" are those who use those beliefs to attack and murder journalists in their offices, or behead captives and post it on YouTube, or assassinate doctors and bomb medical clinics. Walsh is correct when he says there are limits to what any society, "polite" or otherwise, can and should tolerate; the casual use of religion to murder and terrorize is definitely at the top of that list, while artistic mockery of the same should be at the bottom, not vice versa as Walsh would have it.

JOSEPH CONNELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard



How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

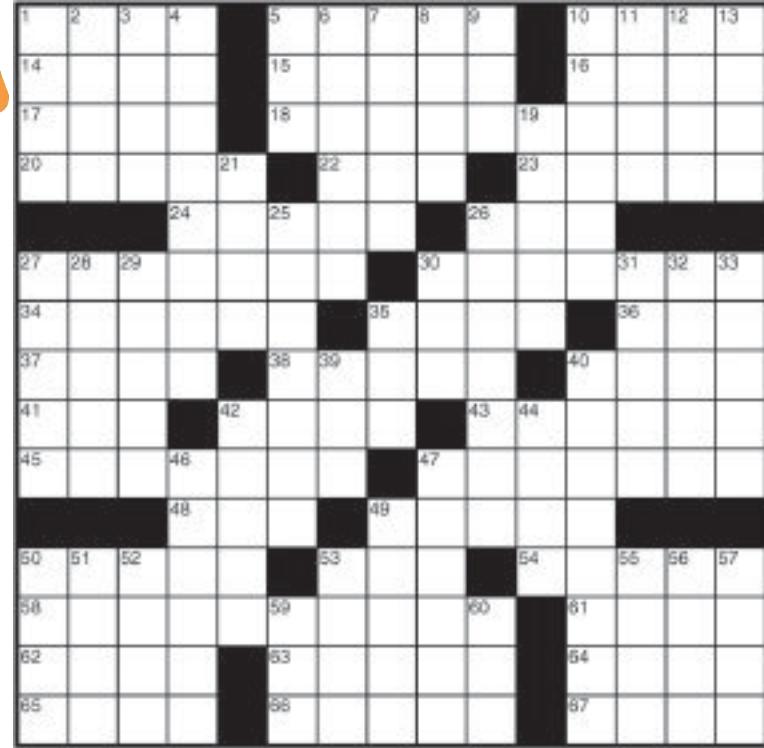
Across

1 Close by
5 Strength
10 Police bust
14 Stalactite site
15 Stage awards
16 Dagwood's neighbor boy
17 Mythic warmonger
18 Creepy feeling (2 wds.)
20 Bauxite giant
22 A mind of — own
23 Degrade
24 Amherst sch.
26 Lime cooler
27 What prisms do
30 Lofty bearing
34 Cochise, for one
35 Alumnus
36 Right, to a mule
37 Reminder
38 Mound builders
40 Pub pints
41 Freud, to himself
42 Paddock newborn
43 Made over
45 Color variation
47 Fleets
48 Caviar, actually
49 Turner ex
50 Felix's roommate
53 Whale group
54 Candy bar
58 Got a basket (2 wds.)

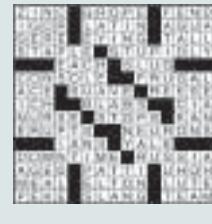
61 Aloha in Rome
62 Story-telling dance
63 Cuba neighbor
64 Novelist — Ferber
65 Woofs
66 Leather for honing
67 Perceived

Down

1 Campus sports org.
2 James — Jones
3 With, to Maurice
4 Water or oil
5 Pea soup
6 Woodwind player
7 Hilarious people
8 Kinski film
9 Flight dir.
10 Deli order
11 Gluck of opera
12 Holy terrors
13 Rx amount
19 Deputy's need
21 Asian nanny
25 Cleaning fluid
26 Pilot's flap
27 Sari sporters
28 Important period
29 Jazz's "—" Hines
30 Smidgen
31 Ice structure



Weekend's answer



NFL gets star loaded slate for title games

NFL. Seattle will host Green Bay while Indy will be at New England.

A fantastic weekend of football was capped off by two spectacular divisional games Sunday. With the title game matchups set here's a look at how the final two teams in the final four clinched their spots:

Packers 26, Cowboys 21
Perhaps justice was served to the Cowboys, who seemed to convert on a key fourth-down pass to Dez Bryant near the goalline late. Needing to score to reclaim the lead, Dallas was on the wrong end of an overturned call on a pass

Blowout boy

Tom Brady and Andrew Luck will square off this Sunday (6:40 p.m., CBS):

- Luck's Colts have been blown out by the Pats three straight times by scores of 42-20, 43-22 and 59-24.



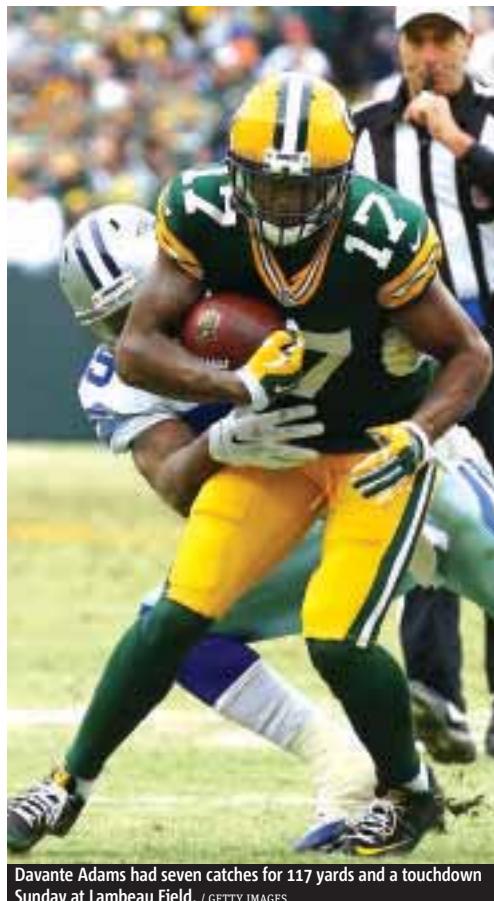
TOM BRADY
GETTY IMAGES

(last week they were the beneficiaries of one) causing a turnover on downs. Aaron Rodgers had a slow start but threw two second-half touchdown passes to overcome an eight-point deficit.

Colts 24, Broncos 13

Indianapolis built an 11-point lead that it carried into the fourth quarter before Peyton Manning helped the Broncos add a field goal to make it a one-possession game. But Manning's accuracy was nowhere to be found (he went just 26 for 46 for 211 yards) and No. 18 suffered his ninth postseason "one-and-done."

EVAN MACY
evan.macy@metro.us



Davante Adams had seven catches for 117 yards and a touchdown Sunday at Lambeau Field. / GETTY IMAGES

NFL. Jets expected to finalize deal with Maccagnan to take over as GM

One down, one to go as the New York Jets are close to making a hire.

Metro New York has learned that the Jets are expected to finalize a deal within the next day or two to make Mike Maccagnan their new general manager. A league source tells Metro that Maccagnan has impressed the consulting partnership of Charlie Casserly and Ron Wolf, who have been brought on board by owner Woody Johnson to navigate this hire.

Johnson and Maccagnan enjoyed dinner on Friday night, with a source calling it a "home run" meeting between the Houston Texans scouting director and Johnson.

"He is clear and succinct," the source said. "Johnson likes him and his direction and vision. There is a clear comfort level there between the two."

According to the source, Maccagnan's name is one of those that



Jets owner Woody Johnson had dinner with Mike Maccagnan last Friday. / GETTY IMAGES

came from the NFL's Career Development Advisory Panel. Casserly and Wolf both sit on that panel, which meets monthly in New York and gathers the names of prospective candidates for both general manager and coaching vacancies.

His background in player evaluation and development is what stood out from the multiple meetings he's had with the Jets.

The source said a deal "could be announced

shortly." The source also added that the head coach opening "could fall into place after the playoffs are concluded."

Dan Quinn, the defensive coordinator of the Seattle Seahawks and a candidate for the job, would not be able to negotiate a deal until after Seattle has concluded its playoff run.

His representatives are currently in Seattle should anything happen, the source said.

KRISTIAN DYER

3

SPORTS

NFL

Patriots formation 'legal'

Baltimore head coach John Harbaugh says there was "clear deception" when it came to formations the Patriots were using in the third quarter of Saturday's 35-31 New England win. The NFL told the Baltimore Sun that "everything was legal from a formation standpoint."

STRAIGHT Talk



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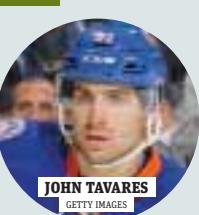
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NHL Tavares, Isles are rolling

Jack Capuano stood in front of the assembled media gathered outside the visitor's dressing room at the Prudential Center Friday and espoused a few of his favorite words. He spoke of "character, leadership, accountability amongst the guys," a few minutes after his Islanders topped the Devils, 3-2.

His team has routinely displayed those attributes this season as they've skyrocketed to the upper echelon of the NHL. On this night, in this venue, it was Capuano's captain, John Tavares, who reminded the hockey world why he is the unquestioned franchise cornerstone.

With the Islanders trailing 2-1 with 6:13 left in regulation, Tavares banked a Kyle Okposo rebound off of Devils goaltender Keith Kinkaid from behind the goal line to tie the game 2-2.

Tavares left Newark with two goals and three points as he increased his team-leading numbers in those categories to 19 and 39, respectively.

Following Saturday's 5-2 rout of the Blue Jackets in Columbus, the Islanders lead the Metropolitan Division with 57 points.

The Islanders' 125 goals are fourth most in the NHL, and their 2.98 goals per game is tied for sixth in the league. DENIS GORMAN

REX FLEES ON FOOT, HEADED TO BUFFALO

Welcome to Anchorage, Rex! Be sure to try our world famous Buffalo toes Er, fingers.

Yup, Rex Ryan is taking his fetish for feet and his undeniable ability to keep the New England Patriots' offense in check to upstate New York as he agreed to a five-year deal to become head coach of the Buffalo Bills Sunday.

The way things have played out with Ryan over the course of the past few years has been nothing short of amazing. The big man went a horrid 26-38 as head coach of the Jets in the past four seasons, yet he was somehow the hottest coaching commodity available - outside of Jim Harbaugh - since the Black Monday sackings took place.

This goes to show what can be done if you keep the local media entertained for an extended period of time and what can be done if you



JENN STERGER INDIRECTLY GOT OREGON PLAYERS IN TROUBLE. GETTY IMAGES

Playing the field

MATT BURKE

MATTHEW.BURKE@METRO.US



built up some level of trust with your players. Literally no one had a bad thing to say about Rex as he walked out the door in New Jersey, so much so that Jets owner Woody Johnson was openly recommending Rex to other teams.

With the news of Rex's hiring in Orchard Park, one Rex-lover to watch going forward is current Pats cornerback Darrelle Revis. Buffalo was interested in Revis when he was on the trading block two years ago and the Bills will have significant cap space this offseason. Of course, it's still unknown what the Patriots are

going to do with Revis. While he has given the Pats their best secondary since the Ty Law glory days, he will have a cap figure of \$25 million in 2015, and New England probably doesn't think that's "great value" for a non-quarterback.

Jenny jokester

Jenn Sterger, of Brett Favre penis pic fame, was back in the sports news this past week and this time it involved a different famous quarterback with a proclivity for indiscretion.

Sterger, who has recently embarked on a stand-up comedy side-career, says that she wrote the joke that indirectly led to the video of Oregon players singing "No means No!" (to the

tune of the Florida State Seminoles tomahawk chop cheer) at FSU quarterback Jameis Winston in last week's Rose Bowl game.

"(I was asked) to write some roast jokes for (a comedy friend) and I said, "Yeah, sure, I love being mean," Sterger told

Bert Kreischer's podcast. "And I wrote a bunch of jokes, they crushed, and I mean, I ripped both teams to shreds and their respective rivals. I mean, the Gators were destroyed. But the joke that killed the hardest for Oregon, was, 'Hey guys, just have a great time in Hollywood, and remember 'Nooooo means nooooo!"

Beats by 'Bron

Ohio State and Oregon

meet Monday (8:30 p.m.) for the College Football Playoff National Championship and the suspension of Ducks receiver Darren Carrington is not the only controversy surrounding the game. I mean, would a big NCAA game be without a little scandal?

LeBron James "helped facilitate" the entire Buckeyes roster in obtaining new Beats By Dre headphones ahead of the game.

In case you weren't aware, the hypocritical NCAA doesn't like when its athletes receive gifts.

"The headphones were donated to Ohio State and were distributed within permissible NCAA limitations on awards," an Ohio State spokesperson told ESPN.

Oh. Ok. We're good then.



Rex Ryan and his wife, Michelle, made headlines in 2010 for a foot fetish video that turned up online. / GETTY IMAGES

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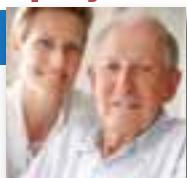
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Notice of Formation of MI COMEDOR, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on September 15, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail to: c/o Kibum Lee, 100 Riverside Blvd. Suite 25A, New York, NY 10069. Purpose: Any lawful activity.

Notice of Formation of Erika Oppenheimer, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on 11/10/2014 Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 116 West 23rd Street, 5th Fl., New York, NY 10011. Purpose: Any lawful activity.

Healthcare

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Notice of Formation of WL7 LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 14, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail to: c/o Kibum Lee, 100 Riverside Blvd. Suite 25A, New York, NY 10069. Purpose: Any lawful activity.

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REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10003.

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NOTICE IS HEREBY GIVEN that a license, Number 1282625 for a Class Change from Restaurant Wine & Beer (former Serial # 1267278) to On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at: 55 Bond Street, New York, NY 10012 for on-premises consumption. Kings 55 Group Inc. d/b/a Le Philosophie.

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Legal Notices

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